

Task 8 - Lies Infographics

Saturday, August 17, 2024 7:06 PM

Step 1: Search for personal topic - Example: Connor (brother)

- Screen time within the younger generation & its affects

Step 2: Research

- Find resources from & out of class that relates to the topic

• Examples being: - Screens & your child's brain ✓

- Negative impacts of tech on family dynamics ✓

- What do we really know about kids & screens ✓

- Why is my child cranky after screen time ✓

- How do kids have fun? (Vox) ✓

- 5 ways tech affect fam ✓

Step 3: Visualize

- Use Canva to create an infographic based off your personal experience and research!

... Research Notes ...

Negative Impact of Technology on Family Dynamics

Cons: Decreases family time, reduces socialization, face to face, the way people interact.

- Adults are also stuck in their phones rather than connecting with their children.

- "Human beings are puppets of technology."

- Technology is a leading factor for family disputes (beliefs)

Socialization in a family is important because it builds a stronger bond, teaches each member about their values, norms, beliefs, and helps them realize the support and guidance they have throughout their lifetime

The average U.S. home is stocked with 26 different electronic devices,

5 ways Technology Has Negatively Affected Families

- "Teenagers send and receive around 3,700 texts a month - that's about 125 days!"

Benefits: Coordination, Safety, new connect

Cons: School Performance, Quality time, less empathetic, Boundaries, "inside gen"

Screens & your Childrens Brains

- "98% of American homes w/ children now have an electronic mobile device."

- Kids 8 and under spend an average of 2 hours a day on a device.

- Children are influenced and begin to learn most at the age of 3.

- "Critical Period"

- "Stunted development"

- Dopamine gets kids into immediate relief happy.

What do we really know about kids & screens

- Screen time effects are complicated, it depends on factors like content type, parenting, and socioeconomic background.

- Babies and kids don't learn well from screens face to face interactions are better.

- For younger children under 18-24 months screentime is NOT suggested, it's good to limit it to an hour for up to age 5.

- Preschoolers can grow from educational shows, even more if parents watch with.

- Teens average 4+ hours per day of screens → higher obesity & mood problems

- Screens replace physical training + sleep.

Cranky After Screenshot

- Causes more overstimulation, sensory overload.

- Stress & irritability.

- Loud sounds, fast visuals, bright colors.

- Kids w/ ADHD or Autism may react more strongly due to sensitivity

- Hyper & Hypo responsiveness

Other Contributing Factors:

Executive Functioning: After screen time, kids may struggle with emotional regulation.
Dopamine & Fun Factor: Screens activate reward systems, making it hard to transition away.

Imitation: Kids may model behavior they see on-screen, affecting mood and conduct.

Interrupted Activities: Stopping in the middle of a game or show can feel frustrating.

Lack of Physical Activity: Limited outdoor play or exercise may lower mood post-screen.

Possible Solutions:

Limit screen time and experiment with types of content.

Set clear stopping points or use transition activities to ease from screen time.

Encourage consistent routines and remove autoplay to help with smoother transitions.

How Do Kids Have Fun? (Vox)

- "Do kids still play?"

- "Unstructure playtime" ↓ since 1980s
↳ Because fears of kidnapping, violence

- "Technology has changed the way kids play"

- ↳ Linked to the rise in anxiety + depression

- Book of milk cartons (Ethan Patz)

- "We need safe spaces for them..." to play again.

- Racism fears / Police brutality.